

# EDITORIAL

## JEALOUSY

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**Jealousy as a passion is a boon; Jealousy as an envy is a bane**, the former is nature, an expression of the selfish gene, the latter is an expression of nurture, **the former is the kit for gene for propagation of species, hence normal, while the latter is an aberration, hence pathological.**

**Jealousy as a passion** is normal since not only inbred in human nature, but it is the most basic, all pervasive emotion which touches man in all aspects of human relationship (Buss D.M. 2000) 1. Passion is an emotional fire that propels us in our quests through life, but when it bursts into a flame, it becomes envy, i.e. abnormal. Expression of passion yields life's deepest joy but also the cruelest suffering. We correctly think of passion as a synergistic force; envy is opposed to reasoning and rationality, hence abnormal, so something to be tamed. Passion is the lever that helps lift the mundane to the extraordinary, the mediocre to the excellent. Indeed, if you have not loved or even hated with passion, you have neither reached the heights nor plumbed the depths of emotion. If you have not worked with passion you have been unfair to yourself. Investing more of yourself – body, mind and soul – into life, love, work and relationship spells the difference between boredom, excitement, mediocrity and excellence. The most successful people are those who are able to select careers matching their passion. It is far easier to announce the beginning of a love affair than to admit it has ended, all passion spent (Times News 2012) 2. When we emulate the thoughts and actions of more successful people, ideas and innovation happen better and faster because of collective learning. Working with an edge of rivalry with role model yields better results than when trying to excel in a silo, for it unleashes passion (Nangia 2012) 3.

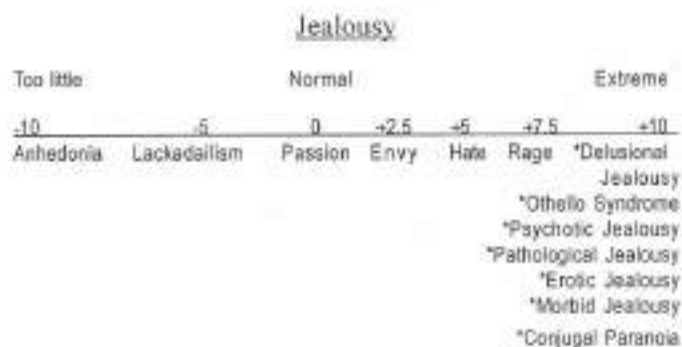
**Jealousy & Possessiveness – a nurture phenomenon is manifested as envy.** Jealousy is the most childish emotion of all, hence based on wrong infantile ideas of not being good enough, in the eyes of others, culminating in impressing everybody who matters, entailing that, I – we are not worthy enough, but those who as children had a chance to build self – esteem, a deep back ground sense that they deserve love, will be aware that

their worthiness does not depend upon specific other peoples choices culminating in total "SELF" indulgence that is Narcissistic Life Management. This will happen in the form of possessive controlling behavior. Jealousy is proportional and directly connected to negative self – image. Possessiveness also has a healthy side. Those who had a chance to build self – esteem as a child upto 8 years of age posses a deep back ground sense that they deserve love, will be aware that their worthiness does not depend on specific other people's choices. Then they will be able to feel good about themselves and other people even when the person they love, give's attention to other people. They would not need to feel, they will be aware that we can like different people in different ways. On the other hand **the less the self – esteem, the more one has the emptiness, fear of loss, the more he will be inclined to pathological possessiveness emanating from pathological jealousy i.e. envy.** Possessiveness towards one's intimate partner has some routes in the biology and evolution, *the essence of pathology is the fear that we are not worthy enough* that something is wrong with us, that somebody else, perhaps without merit, perhaps with more merit, we are afraid, receives something we dearly want. We feel that love and attention is limited, hence we still love by coercive control (Muk Kosjenka 2007) 4.

Extreme jealousy, manifesting as a delusion which has been given many names – the Othello Syndrome, Morbid Jealousy; Psychotic Jealousy; Pathological Jealousy; Conjugal Paranoia, and Erotic Jealousy Syndrome. Such delusionary manifestation is of course psychosis which destroys previously harmonious relationship rendering the hellish nightmares of daily existence. Such phenomenon answers 13% of all homicides of spousal murders. But what about genuine infidelity rage, having caught the spouse in flagrante delicto i.e. actually catching red handed, the spouse having sexual intercourse with an outside, one kills the paramour. This view of jealousy as pathological ignores a profound fact about an important defence designed to combat real threat. Jealousy is not always a reaction to infidelity that might occur... it can be an anticipatory response, a preemptive strike to prevent an infidelity that might occur, is it not emotional wisdom

then? An adaptive response expressed as control mechanism. We, every day observe a husband and a wife on a morning walk, one of the spouse appears a victor and the other the vanquished, observed more carefully there is a chasm between the level of desirability between the two and the one who is more desirable is the vanquished, more often, shall be call this as the psychologically it not physically battered spouse. This is a result of jealousy triggered by circumstance that signal a real threat to a relationship but of course not normal because normalcy is determined as an optimum psychological response as per the actual context e.g. Depression after death of emotionally significant other is mourning for about three months is normalcy, thereafter if depression hangs on it becomes a disease similarly continuous sadness without any reason or depression out of proportion to a fragile reason would be depression as a disease, shall we say Pathological. Nervousness during real uncertainty is not Anxiety Disorder whereas nervousness during no uncertainty is an anxiety disorder.

All of us know that too much or too little of normal emotions such as sadness, worry, concern, care, anger, affection are abnormal. Similarly jealousy is a normal emotion where it operates as a passion congruent with reality in pursuit of personal excellence; but too much or too little jealousy is abnormal. Normal jealousy expresses as passion. Jealousy as a continuum dilates the noumenology of normal and abnormal jealousy as follows :-



- 1) Anhedonia – is expressed as absence of desire to do any thing.
- 2) Lackadaillism – is lack of enthusiasm in life.
- 3) Envy – is Retrofled Love resulting in intrusion against the adored one expressed as spying in interpersonal context.

- 4) Hate – is Retrofled anger a manifestation of inferiority feelings expressed as ambivalent behaviour.
- 5) Rage – a manifestation of intense Hate which is a manifestation of self assumed superiority feelings expressed as episodic violence. Abnormal jealousy is expressed as Rage a function of mind forged by circumstances.

Abnormal jealousy, as enunciated above, is explained by the specific Innate Module Theory along with Social – Cognition Theory and understood by Ontogeny of Jealousy.

Let us crystallize Normal and Abnormal Jealousy, the former being Nature and the latter being Nurture phenomenon.

#### NORMAL JEALOUSY = NATURE

##### Ontogenetic Jealousy

Psycho – Physiological – Built in Neuronal Circuits  
ADAPTATION REPOSEBuss (2000)<sup>1</sup>

ONTOGENETIC – INNATE MODULE  
(Harris 2004)<sup>5</sup>

- Tolerance of infidelity for better gene transplant by superior male or female.
- Propagation of spicies
- Inherent Emotional Wisdom

NATURAL SELECTION  
(Buss et al 1992)<sup>4</sup>

EMOTIONAL COGNITION MODULE  
(Harris 2004)<sup>5</sup>

- Jealousy between genders
- Inter – paradigmatic inter personal chasm

ABNORMAL JEALOUSY = NURTURE  
Phylogenetic Jealousy  
Emoto – logical

AMBIVALENT RESPONSE NURTURE  
PHENOMENON

SOCIAL – COGNITION  
(Harris 2004)<sup>5</sup>



- Anhedonia
- Lackadaillism
- Envy
- Hate
- Rage
- Extreme Jealousy (Psychotic Syndromes)

Ontogenetically jealousy is expressed as sibling rivalry in infants for parent's resources, the nature aspect of jealousy emanating from the "Innate module – a wired in brain circuit that has different primary triggers in men and women is one of the most celebrated application of an evolutionary approach in psychology. Yet recent evidence suggests, it is not (Harris CR 2004) 5 such jealousy, in the form of infant siblings rivalry as well as rivalry amongst intra – paradigmatic peers is innate thus not pathological. The emotional – cognitive module makes men innately predisposed to jealousy over mates *sexual* infidelity, it makes women innately predisposed to jealousy over mates *emotional* infidelity (Buss D.M. et al 1992) 6. This is natural thus normal.

Since ontogeny recapitulate's phylogeny, jealousy between inter – paradigmatic interactions is normal e.g. jealousy between the Poor and the Rich; Professionally Educated and the semi literates; between intellectuals and the politicians; management and non-management, ruler and the ruled; between different religious groups, such Chasm is an expression of appreciation, thus is normal but when retroflexed it becomes Envy; when the inter-paradigmatic chasm yields anger it is normal but when retroflexed it becomes Hate, which when abreacted becomes Rage. When Envy, Hate and Lust are amalgamated as happens with mind influencing agents Rage is aroused, thus all these are abnormal phenomenon,

without being a delusion. Envy, Hate and Rage can be explained in one shot by "Nurture Fault" which can be appreciated by Social – Cognition Theory which states that Mentality is forged by Societal Impact. "Jealous Mentality" expressed as Envy, Hate and Rage on the preponderant side leads to homicide, rape, murder, violence, husband or wife battering, family fracture, commune combats in spurts expressed as unleashed violence in the form of religious discord or fanaticism. While Anhedonia and Lackadaillism on the deficit side are manifested as inability to cope with social reality. These are all pathological phenomenon thus elaborate entry in DSM/ICD would be prudent.

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